I CLAIM:

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1. A method of transmitting and recovering a stream of coded data bits without establishing a timing or phase lock, comprising the steps of:

generating a stream of data bits at a selected frequency, each bit of said stream of data bits having one portion at a first voltage level and another portion at a second voltage level;

generating a stream of clocking pulses at a second frequency, which second frequency is a multiple of said selected frequency;

coding said stream of data bits by

said reference voltage level at said second frequency;

setting said one portion of each bit to a reference voltage level; continuously switching said another portion of each bit between said reference voltage level and another voltage level different than

transmitting said coded data stream form a first location to another location;

receiving said coded data stream and providing said coded data stream to a delay circuit and a combining circuit;

delaying said coded data stream at said delay circuitry for a period of time substantially equal to one-half cycle of said second clocking frequency and providing said delayed coded data stream to said combining circuit; and

combining said coded data stream and said delayed coded data stream to recover said stream of data bits at said selected frequency.

2. The method of claim 1 wherein said generated stream of data bits is a Manchester coded data stream.

- 3. The method of claim 2 wherein said second frequency is eight (8x) times said selected frequency.
 - 4. The method of claim 1 wherein said step of generating a stream of data bits comprises the steps of:

providing a stream of NRZ coded data bits; and converting said stream of NRZ coded data bits to a Manchester coded stream of data bits.

- 5. The method of claim 4 wherein said stream of NRZ coded data bits are provided at a rate of 25.92 MHz.
- 6. The method of claim 1 and further comprising the steps of passing said recovered stream of data bits through a filter to smooth out irregularities in said data bits resulting from said delay period not being equal to exactly one-half cycle of said second frequency.
 - 7. The method of claim 1 wherein said transmitting step comprises the steps of:

modulating a selected wavelength of light with said coded data stream;

transmitting said modulated light through an optical fiber between said first location and said another location.

8. The method of claim 7 wherein said selected wavelength of light is approximately 1310 nanometers.

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and

45	9.	The method of claim 7 wherein data is also transmitted from said
	another location to said first location.	
	10.	A method of coding a stream of data having a selected frequency for
	transmission	between a first location and another location wherein bits of said stream
	of data have one portion at one voltage level and another portion at a second voltage	
50	level, and sa	id stream of data being recoverable at said another location without
	establishing timing or phase lock comprising the steps of:	
		generating a stream of clocking pulses at a second frequency, which
	second frequency is a multiple of said selected frequency;	
		coding said stream of data bits by
55		setting said one portion of each bit to a reference voltage level;
		continuously switching at said second frequency, said another
	portion of each bit between said reference voltage level and another voltage	
	level different than said reference voltage level; and	
		transmitting said coded stream of data bits from said first location to
60	another location.	
	11.	The method of claim 10 wherein said stream of data bits having a
	selected frequency is stream of Manchester coded data bits.	
	12.	The method of claim 11 wherein said second frequency is eight (8x)
	said selected frequency.	
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The method of claim 10 wherein said selected frequency is 25.92 MHz.

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14. In a data transmission system wherein a stream of data bits having a selected frequency and a first portion at one voltage level and a second portion at a second voltage level is modified for transmission between a first location and another location by setting said first portion of said data bits to a reference voltage level and continuously switching said second portion between said reference voltage level and another voltage level different than said reference voltage level at a second clocking frequency which is a multiple of said selected frequency, a method of recovering said stream of data bits without establishing timing or phase lock comprising the steps of:

receiving said modified stream of data bits and providing said modified

stream to a delay circuit and a combining circuit;

delaying said modified stream of data bits of said delay circuit for a period of time substantially equal to one-half cycle of said second clocking frequency and providing said delayed modified stream of data bits to said combining circuit; and combining said modified stream of data bits and said delayed modified stream of data bits to recover said stream of data bits having said selected frequency.

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- 15. The method of claim 14 when said stream of data bits having a selected frequency are Manchester coded data bits.
- 16. The method of claim 15 wherein said second frequency is eight (8x) times said selected frequency.

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17. The method of claim 15 and further comprising the step of passing said recovered stream of data bits through a filter to smooth out irregularities in said recovered data bits resulting from said delay period not being equal to exactly one-half cycle of said second frequency.